



Beef Burger

Serves: 6

Ingredients

Beef Patties

- 375g lean beef mince
- ½ large brown onion, peeled and grated (or finely diced)
- ¼ cup parsley, chopped
- 1 zucchini, grated, squeeze to remove excess moisture
- 125g button mushrooms, grated or chopped
- ½ large carrot, grated
- 1 tablespoon Worcestershire (or BBQ sauce)
- Black pepper to taste
- Olive oil spray

Burgers

- 6 wholemeal/wholegrain rolls
- 6 slices of cheese
- 24 slices cucumber
- 12 slices tomato
- 1 ½ cups shredded lettuce
- Condiments of choice

Method

Beef Patties

1. Place all ingredients (except oil) in a large bowl. Mix well with your hands
2. Shape into 6 flat patties
3. Heat a griddle plate, BBQ or non-stick pan over high heat
4. Use a small amount of olive oil spray if required
5. Cook on each side for 4-5 minutes, serve with your favourite salad ingredients.

To assemble the burger

1. Cut bread roll, place cooked patty inside bread roll
2. Add cheese and salad vegetables
3. Add condiments.

